

Family and Consumer Sciences Education Grade Expectations

Vision of Family and Consumer Sciences

Family and Consumer Sciences Education empowers individuals and families across the life span to manage the challenges of living and working in a diverse global society. Our unique focus is on families, work and their interrelationships.

Mission of Family and Consumer Sciences

The mission of Family and Consumer Sciences Education is to prepare students for family life, work life and careers in Family and Consumer Sciences Education by providing opportunities to develop the knowledge, skills, attitudes and behaviors needed for:

- Strengthening the well-being of individuals and families across the life span.
- Becoming responsible citizens and leaders in family, community and work settings.
- Promoting optimal nutrition and wellness across the life span.
- Managing resources to meet the material needs of individuals and families.
- Balancing personal, home, family and work lives.
- Using critical and creative thinking skills to address problems in diverse family, community and work environments.
- Successful life management, employment and careers development.
- Functioning effectively as providers and consumers of goods and services.
- Appreciating human worth and accepting responsibility for one's actions and success in family and work life.

Taken from <http://doe.state.in.us/octe/facs/Intro.html>

History of the Vermont Family and Consumer Sciences Grade Expectations

In the fall of 2004 a small group (Lou Ann Hale, Rutland High School, Mary Holden, Harwick High School, Trish Altman, Crossett Brook Middle School, Cynthia Wilson, Whitcomb Jr/Sr High School, Nancy Lynn, Spaulding High School and Dr. Michelle Krehbiel, University of Vermont met to write the Vermont Family and Consumer Sciences Grade Expectations for grades five to 12. A draft of the grade expectations were developed, then Dr. Michelle Krehbiel, Assistant Professor in Family and Consumer Sciences Education, revised them. After this edit a group of middle and secondary family and consumer sciences teachers met to review the revisions in the summer of 2007. Additional reviews were done by several other family and consumer sciences teacher who were unable to attend the summer meeting. After this meeting additional edits were made. The Vermont Association of Family and Consumer Sciences supported the process of the development of the Vermont Family and Consumer Sciences Grade Expectations.

Organization

The grade expectations are organized by grade cluster (middle 5-8 and secondary 9-12) and area of study.

- Career, community and family connections
- Consumer and family resources

- Interpersonal relationships
- Family
- Human development
- Parenting
- Nutrition and wellness

The standards are based on the National Family and Consumer Sciences Standards developed by state family and consumer sciences administrators. They were reviewed by college and university professors, family and consumer sciences professionals and industry leaders. The national standards can be found at <http://www.aafcs.org/FCSstandards/>

Disclaimer

Currently, there is no state family and consumer sciences specialist at the Vermont Department of Education. The Vermont Association of Family and Consumer Sciences and the American Association of Family and Consumer Sciences (<http://www.aafcs.org>) are additional resources available in applying the national standards or grade expectations or curriculum and instruction.

Vermont Grade Expectations for Family and Consumer Sciences Grades 5 - 12

Career, Community and Family Connections

Grades 5-8

Students will explore multiple roles and responsibilities in family, work and community settings by...

- Identifying multiple life roles and responsibilities of individuals, families and community members.
- Recognizing strategies to manage multiple individual, family, career and community roles and responsibilities.
- Exploring potential career choices to determine the knowledge, skills and attitude associated with each.
- Practicing employability skills such as good communication, teamwork and leadership in community and workplace settings.

Grades 9-12

Students will evaluate multiple roles and responsibilities in family, work and community settings by.....

- Demonstrating strategies to manage multiple roles and responsibilities (individual, family, career and community).
- Analyzing the potential impact of career path decisions on balancing work and family.
- Defining goals for life-long learning and leisure opportunities of all family members.
- Examining policies, issues and trends in the workplace and community that impact individuals and families.
- Developing a life plan including pathways to acquiring the knowledge and skills needed to achieve individual, family and career goals.
- Demonstrating job seeking and job keeping skills.
- Applying employability skills such as good communication, teamwork and leadership in community and workplace settings.

Consumer and Family Resources

Grades 5-8

Students will apply management practices related to human, economic and environment resources by...

- Demonstrating management of individual and family resources, including time, food, clothing, shelter, healthcare, recreation and transportation.
- Practicing decision making skills when selecting services, food, clothing, housing, furnishings and recreational needs.
- Distinguishing between personal needs and wants.
- Examining how individuals and families make choices to satisfy needs and wants.
- Creating a plan for spending and saving resources.
- Identifying how marketing and advertising influence consumption patterns.
- Examining behaviors that conserve, reuse and recycle resources.
- Exploring the interrelationship between the economic system and consumer action.
- Demonstrating skills needed to maintain, produce, alter or repair textile products and apparel.

Grades 9-12

Students will apply management practices related to human, economic and environment resources by...

- Demonstrating management of financial resources to meet the goals of individuals and families across the life span.
- Demonstrating management of individual and family resources, including time, food, clothing, shelter, healthcare, recreation and transportation.
- Applying decision making skills when selecting services, food, clothing, housing, furnishings, transportation or recreational needs.
- Designing a strategy for earning, spending and saving personal financial resources.
- Exploring the various financial institutions and services.
- Determining practices that allow families to maintain economic self-sufficiency.
- Identifying policies that support consumer rights and responsibilities.

- Analyzing the relationship of the environment to family and consumer resources.
- Practicing behaviors that conserve, reuse and recycle resources to maintain the environment.
- Examining how media and technological advances impact family and consumer decisions.
- Identifying how marketing and advertising affect consumption patterns.
- Demonstrating skills needed to maintain, produce, alter or repair textile products and apparel.

Family

Grades 5-8

Students will explore the significance of family and its impact on the well-being of individuals and society by...

- Defining family.
- Identifying various roles played by family members.
- Recognizing contributions the family makes in meeting family members need for food, clothing, shelter and economic resources.
- Identifying resources for individual or families that address concerns and needs of the family.
- Identifying factors that might contribute to family vulnerabilities.
- Demonstrating appreciation for diverse perspectives, needs and characteristics of individuals and families.

Grades 9-12

Students will evaluate the significance of the family and its impact on the well-being of individuals and society by...

- Defining family.
- Analyzing the various roles played by family members.
- Analyzing the impact of family as a system on individuals and society.
- Examining the role of family in developing independence, interdependence and commitment of family members.
- Identifying the effects of change and transition over the life course.

- Demonstrating awareness and respect of multiple diversities and their effects on individuals, families and society.
- Identifying the role of the family in conveying societal expectations.
- Analyzing factors that might contribute to family vulnerabilities such as poverty, violence, substance abuse or crime.

Interpersonal Relationships

Grades 5-8

Students will demonstrate respectful and caring relationships in the family, workplace and community by...

- Exploring functions and expectations of various types of relationships.
- Examining the impact of personal characteristics on relationships.
- Identifying processes for building and maintaining healthy interpersonal relationships.
- Demonstrating communication skills that contribute to positive relationships.
- Practicing effective conflict resolution, teamwork, respect and cooperation.
- Identifying personal standards that guide behavior in interpersonal relationships.
- Practicing coping and stress management skills.
- Practicing refusal skills to enhance health and well-being.
- Determining the impact of life span events (birth, illness, death, divorce, marriage, etc.) and conditions on relationships.

Grades 9-12

Students will demonstrate respectful and caring relationships in the family, workplace and community by...

- Analyzing functions and expectations of various types of relationships.
- Evaluating the impact of personal characteristics on relationships.
- Identifying the characteristics of building and maintaining healthy interpersonal relationships.
- Demonstrating communication skills that contribute to positive relationships.
- Practicing effective conflict resolution, teamwork, respect and cooperation.

- Explaining the effects of personal standards and behavior on interpersonal relationships.
- Evaluating the impact of life span events and conditions on relationships.
- Practicing positive coping, stress management and refusal skills.

Human Development

Grades 5-8

Students will identify factors that impact human growth and development by...

- Examining physical, emotional, social and cognitive development across the life span.
- Identifying biological and environmental conditions that influence human growth and development across the life span.
- Identifying strategies such as communication and support systems that promote growth and development across the life span.

Grades 9-12

Students will analyze factors that impact human growth and development by...

- Examining physical, emotional, social and cognitive development.
- Examining interrelationships among physical, emotional, social and cognitive aspects of human growth and development.
- Analyzing conditions that influence human growth and development.
- Describing how lifestyle, pathogens, family history and other risk factors relate to the cause of prevention of disease, injuries, pregnancy and other health issues.
- Examining the effects of life events on an individual's physical and emotional development.
- Analyzing strategies such as communication and support systems that promote growth and development across the life span.

Parenting

Grades 5-8

Students will explore parenting/care giving roles and responsibilities that strengthen the well-being of individuals and families by...

- Examining roles, expectations and responsibilities of parenting and/or care giving.
- Identifying nurturing practices that support human growth and development.

- Explaining cultural differences in parenting/care giving roles and responsibilities.
- Developing an awareness about how child abuse and neglect impact children and families.

Grades 9-12

Students will evaluate parenting/care giving roles and responsibilities that strengthen the well-being of individuals and families by...

- Examining parenting/care giving roles across the life span.
- Identifying consequences of parenting/care giving practices to the individual family and society.
- Analyzing societal conditions that influence parenting/care giving across the life span.
- Explaining cultural differences in parenting/care giving roles and responsibilities.
- Choosing nurturing practices that support human growth and development.
- Practicing communication strategies that promote self-worth in family members.
- Assessing common practices and emerging research about discipline on human growth and development.
- Identifying how child abuse and neglect impacts children and families.
- Applying criteria for selection of care and services for children.
- Evaluating external support and community systems that provide services for parents.
- Examining biological processes related to prenatal development, birth and health of a child and mother.
- Examining implications of alternatives to biological parenting.

Nutrition and Wellness

Grades 5-8

Students will demonstrate nutrition and wellness practices that enhance individual and family well being by...

- Describing factors such as psychological, cultural and social influences that impact nutrition and wellness practices across the life span.
- Identifying the nutritional needs of individuals and families in relation to health and wellness across the life span.

- Exploring the impact of food fads, diets, food addictions and disordered eating on wellness.
- Explaining the function and sources of the six major nutrients and their relationship to health.
- Calculating caloric intake compared to caloric expenditure.
- Comparing sources of food and nutrition information related health and wellness.
- Demonstrating the ability to select, prepare and consume foods by applying recommended dietary guidelines to meet nutrition and wellness needs of individuals and families across the life span.
- Demonstrating the ability to select, store, prepare and serve nutritious and aesthetically pleasing foods.
- Identifying factors that affect food safety and sanitation from production through consumption.
- Practicing safe food handling to prevent food borne illnesses.
- Recognizing the relationship between regular physical activities and wellness.

Grades 9-12

Students will demonstrate nutrition and wellness practices that enhance individual and family well being by...

- Analyzing factors such as psychological, cultural and social influences that impact nutrition and wellness practices across the life span.
- Evaluating the nutritional needs of individuals and families in relation to health and wellness across the life span.
- Explaining the function and sources of the six major nutrients and their relationship to health.
- Calculating caloric intake compared to caloric expenditure.
- Assessing the impact of food fads, diets, food addictions and disordered eating on wellness.
- Appraising sources of food and nutrition information related to health and wellness.
- Demonstrating the ability to select, prepare and consume foods by applying recommended dietary guidelines to meet nutrition and wellness needs of individuals and families across the life span.

- Demonstrating the ability to select, store, prepare and serve nutritious and aesthetically pleasing foods.
- Identifying factors that affect food safety from production through consumption.
- Practicing safe food handling and sanitation to prevent food borne illnesses.
- Exploring the impact of local and global events, trends and conditions on food choices and practices.
- Examining how changes in national and international food production and distribution systems affects the food supply.
- Appraising local, state and federal inspections and labeling systems that protect the health of individuals and the public.
- Evaluating the impact of science and technology on food composition, safety and other issues.
- Determining how scientific and technical advances in food processing, storage, product development and distribution influence nutrition and wellness.